

Sugar Conscious

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES



Long Beach Store, Southern Pacific Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Items on this list contain 4g or fewer of sugar per serving. Check out our website for more information about foods for a sugar conscious diet:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at WFMSpecialDiets@wholefoods.com.

Baking Needs

365 Every Day Value™

100% Pure Pumpkin

Arrowhead Mills

All Purpose Baking Mix
Buckwheat Pancake and Waffle Mix
Cornbread Mix
Multigrain Pancake Mix

Edward & Sons

Organic Bread Crumbs - Italian Herb
Organic Bread Crumbs - Lightly Salted

Beverages

365 Every Day Value™

Club Soda
Italian Lemon Sparkling Water
Italian Sparkling Orange/Lime/Pink Grapefruit Water
Italian Strawberry Sparkling Water

Bread

365 Organic Every Day Value™

Croutons, Butter & Garlic
Croutons, Cheese & Garlic
Croutons, Seasoned
Tortilla Corn

Kinnikinnick

Italian White Tapioca Rice Bread

Canned Goods

Shari

- Whole Organic Black Beans
- Whole Organic Garbanzo Beans

Canned/Jarred Goods

365 Every Day Value™

- 100% Pure Pumpkin
- Green Ripe Pitted Olives
- Hearts of Palm Salad Cut
- Jumbo Ripe Olives, Pitted
- Large Ripe Olives, Pitted
- Medium Ripe Olives, Pitted
- Sliced Olives
- Solid White Albacore Tuna
- Solid White Albacore Tuna w/No Salt Added
- Tongol Tuna, No Salt
- Tongol Tuna, with Salt

365 Organic Every Day Value™

- Black Beans
- Pinto Beans

Cereal

Weetabix

- Whole Wheat Cereal

Chips, Pretzels and Snacks

365 Organic Every Day Value™

- Thin Style Potato Chips, BBQ
- Tortilla Strips, Lightly Salted

Bearitos

- Organic Popcorn - 50% Less Oil

Bostons Better Snacks

- Sanck Mix

Garden Of Eatin

- Black Bean Chili Chips
- Blue Corn Sesame Chips
- Red Corn Salsa Chips
- Salted Blue Corn Chips

Good Health

- Whole Wheat Peanut Butter Filled Pretzels

Chips, Pretzels and Snacks (Cont'd)

Guiltless Gourmet

- Organic Black Bean Tortilla Chips

Coffee and Tea

365 Every Day Value™

- Ground Hazelnut Coffee

Condiments

365 Organic Every Day Value™

- Caesar (Fresh) Dressing
- Chipotle Ranch Salad Dressing
- Croutons, Butter & Garlic
- Croutons, Cheese & Garlic
- Croutons, Seasoned
- Honey Mustard
- Thousand Island Dressing
- Yellow Mustard

Organicville

- Organic Dressing, Herbs de Provence Vinaigrette
- Organic Dressing, Olive Oil & Balsamic Vinaigrette
- Organic Dressing, Pomegranate Vinaigrette
- Organic Dressing, Sundried Tomato & Garlic Vinaigrette

Simply Delicious

- Lemon Tahini Dressing

Westbrae

- Unsweetened Un-Ketchup

Cookies and Snack Bars

Walkerscottish Cookies

- Shortbread Fingers

Crackers

365 Every Day Value™

- Assorted Crackers for Entertaining
- Entertainer Crackers with Wheat Germ
- Golden Stoneground Bite Size
- Saltine Crackers

Crackers (Cont'd)

365 Every Day Value™

Unsalted Tops Saltines

365 Organic Every Day Value™

Cheese Square Crackers

Golden Rounds

Herb and Garlic Water Crackers

Seasame Seed Water Crackers

Ak-Mak

Armenian Cracker Bread

Edward & Sons

Brown Rice Snaps, Onion Garlic

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Health Valley

Fat Free Vegetable Crackers

Fat Free Whole Wheat Crackers

Low Fat Sesame Crackers

Low Fat Stoned Wheat Crackers

Dairy

Nasoya Foods

Egg Roll Wrappers

Won Ton Wrappers

Entrees and Mixes

Annie's Homegrown

Alfredo Basil Shells

Macaroni & Cheese - Bunny Shape

Macaroni & Cheese - Mild White Cheddar

Macaroni & Cheese - Organic White Cheddar

Macaroni & Cheese - Peace & Parmesan

Shells - Organic Cheddar Alfredo

Shells - Real Aged Cheddar

White Cheddar Shells

Whole Wheat Cheddar Cheese Shells

Casbah

Couscous - Toasted

Lentil Pilaf

Rice Pilaf

Spanish Pilaf

Tabouli

Entrees and Mixes (Cont'd)

Fantastic Foods

Sloppy Joe Mix

Tabouli Salad Mix

Taco Filling Mix

Near East

Herb Chicken Couscous

Spanish Rice

Frozen Foods

365 Every Day Value™

Frozen Chopped Spinach

365 Organic Every Day Value

Cheese Tortellini

365 Organic Every Day Value™

Cheese Ravioli

Crinkle Cuts

Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Amy's

Broccoli & Cheese Pocket

Macaroni & Soy Cheese

Organic Chicago Veggie Burger

Organic Pesto with Tomato & Broccoli Pizza

Organic Soy Cheese Pizza

Organic Veggie Pot Pie with Whole Wheat Crust

Boca

Boca Burger - All American Classic - Organic

Cedar Lane

Vegetarian Pizza Wrap

Gardenburger

Fat Free Veggie Gardenburger

Low Fat Mushroom Gardenburger

Veggie Burger Pattie

Health Is Wealth

Meatless Buffalo Wings

Spring Rolls

Frozen Foods (Cont'd)

Kashi

- Blueberry Waffles
- Original Waffles

Kinnikinnick

- Italian White Tapioca Rice Bread

Mother Nature's Goodies

- Whole Wheat Pie Shells

Whole Catch™

- Lightly Breaded Fish Sticks

Jams and Nut Butters

Maranatha

- Almond Butter - Raw Organic No Salt

Meat Alternatives

Lightlife

- Fat Free Smart Dogs
- Jumbo Smart Dogs

Tofurky

- Peppered Deli Slices

Yves

- Fat Free Veggie Dog
- Just Like Ground
- The Good Dog
- Veggie Canadian Bacon

Meat and Poultry

365 Every Day Value™

- Mediterranean Rotisserie Seasoning
- Toronto Steak & Chicken Seasoning

Health Is Wealth

- Whole Wheat - Chicken Nuggets

Nutritional Supplements

Whole Foods Market™

- Vanilla Soy Protein Powder

Nuts, Seeds and Dried Fruits

365 Every Day Value™

- Deluxe Mixed Nuts
- Whole Cashews

Pasta

365 Organic Every Day Value™

- Whole Wheat Spinach & Cheese Ravioli w/ Soy Ricotta

Produce

365 Organic Every Day Value™

- Caesar (Fresh) Dressing

Sauces, Salsas and Dips

Frontera Grill

- Salsa - Habanero
- Salsa - Jalapeno

Green Mountain Gringo

- Medium Salsa
- Mild Salsa

Seafood

Whole Catch™

- Lightly Breaded Fish Sticks

Soups

365 Every Day Value™

- Minestrone Soup

365 Organic Every Day Value™

- Chicken Noodle Soup
- Cream of Mushroom Soup
- Lentil Bean Soup

Amy's

- No Chicken Noodle Soup
- Organic Vegetable Barley Soup
- Soup - Organic Cream of Mushroom

Health Valley

- Fat Free Vegetable Barley Soup

Specialty Foods

Cibo Fresh Speciality

- Artichoke Lemon Pesto
- Classic Basil Pesto
- Olive & Garlic Pesto

Spices and Seasonings

365 Every Day Value™

- Blackened Cajun Spice Seasoning
- Caribbean Barbeque Seasoning

Sweeteners

Sun Crystals

- Sweetener